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*The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath
The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*

THE POWER OF PATIENCE



*A Blessing
of Waiting*

IN THIS ISSUE:

**He Will Come for His Own | A Message to Be Borne
The 1260 Years of Daniel's Prophecy | The Church That Knowest Not | Morning
Health Gem: Alfalfa
The Truth About Angels - EGW**

Editorial

Clark Floyd

Once in a while on Sunday mornings I will listen to a sermon from one of the churches in Asheville. Often the preacher will point out how important it is to know the Scriptures. The sermon often given will be based on the Scriptures. And yet these same individuals will be Sunday keepers without any Scriptures to back up keeping of a “false Sabbath”. Most of them are probably completely unaware of when or who changed the day of worship from the seventh to the first day. I assume many of them accept the change relating it to Jesus being resurrected on that day.

We, as Seventh-day Adventists, should know Biblically and historically how to share why we keep the Seventh day for the Sabbath. The first part of our understanding is derived from Genesis, chapter 2, verses 2 and 3: “And on the seventh day God ended His work which He had made (the creation); and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all His

“Ye do err, not knowing the scriptures, nor the power of God.”

work which God created and made.”

At this point it becomes important to be able to show, again from the Bible, who created the earth, because the Creator is the One that instigated the seventh day Sabbath. The Sabbath is a memorial of creation. In Matthew 22:29, we have an important statement from Jesus, “Ye do err, not knowing the scriptures, nor the power of God.” And in John 5:39, we read, “Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.”

“Then said Jesus to those Jews which believed in Him, if ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free.” John 8:31, 32.

The first chapter of John tells us very clearly who the Creator is. “In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not anything made that was made... And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father) full of grace and truth.” John 1:1-3, 14.

And Paul in the first chapter of Colossians in speaking of Christ states, “For by Him were all things created, that are in heaven, and that are in the earth, visible and invisible, whether they be thrones, or dominions, of principalities, or powers: all things were created by Him, and for Him.” Col. 1:16 (see preceding verses)

Again in Ephesians, chapter 3, verse 9, we read, “And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ.”

In 1 John, chapter 2, verses 3 and 4 which speak of “Jesus Christ the righteous” the Bible says, “And hereby we do know that we know Him, if we keep His commandments. He that saith, I know Him, and keepeth not His commandments, is a liar, and the truth is not in him.”

And we, of course know, that the fourth commandment teaches us to keep the 7th day Sabbath. “Remember the Sabbath day, to keep it holy, six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the Lord thy God...For in

six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.” Exodus 20:8-11. Notice how the commandment refers back to creation.

The question comes: Why did the Lord rise on the first day of the week rather than the seventh day? Couldn't He have risen on any of the three days that He was in the tomb? And the answer comes: Even in death, He kept the seventh-day Sabbath by resting in the tomb.

The change of the Sabbath came not right away after the resurrection, but over 300 years later at the Council of Laodicea held by the Catholic Church. The change was not a Biblical change, but a man-made change by the Papacy.

In Daniel 7, verse 25, we read a verse that applies to the Papacy: ... “he shall think to change times and laws.” The 2nd commandment was removed and the 4th commandment changed.

“Of course the Catholic church claims that the change (of the Sabbath to Sunday) was her act....And the act is a mark of her ecclesiastical power.” From the office of Cardinal Gibbons through Chancellor H. F. Thomas. November 11, 1895.



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Design & Layout by



cover story

04 The Power of Patience

Emmanuel Machakaire

features

09 He Will Come for His Own

L. D. Santee

10 A Message to Be Borne

Mrs. E. G. White

14 The 1260 Years of Daniel's Prophecy

W. A. Spicer

18 The Church That Knowest Not

Vernon Sparks

28 Morning

E.M.B.

departments

02 Editorial

22 Health Gem: Alfalfa

29 News Watch

30 The Truth About Angels

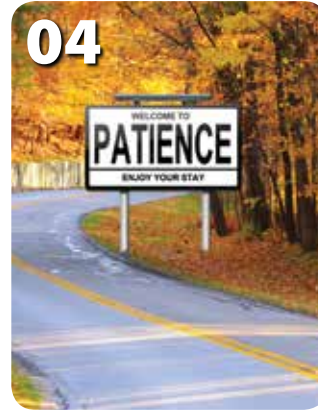
Ellen G. White

32 Christian Crossword

ad features

13 Calendula Cream

17 Carb Destroyer





THE POWER OF PATIENCE

A Blessing of Waiting

By Emmanuel Machakaire

In life it seems that there is always something to try our patience. Having to wait is one of those things. We wait on traffic and we wait in various queues at immigration, at banks, at home affairs, at post offices and at many other places. We wait to hear about a new job after a job application or a job interview. We wait for a decision to be made. We wait for someone to change his or her mind. We wait for results after writing an examination and we also wait for results after undergoing a medical examination, we also wait for God's promises, we wait for so many other things in life.

Every day presents plenty of occasions for training in patience. We can resent waiting, or accept it. But one thing is certain - we cannot avoid it.

"Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it

until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand. Do not grumble against one another, brethren, lest you be condemned. Behold, the Judge is standing at the door! My brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience. Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord—that the Lord is very compassionate and merciful." James 5:7-11.

What is patience?

Dictionary definitions:

1. The quality of bearing provocation, annoyance, misfortune, or pain without complaint, loss of temper, irritation or the like.
2. An ability to suppress restlessness or annoyance when confronted with delay.
3. Quiet, steady perseverance
4. Good natured tolerance of delay or incompetence

Bible definition:

Greek words used

- a. Hupomeno – Means to abide under or endure. This word is used for the proper Christian attitude towards trials,



chastisement, or wrong treatment from others, 1 Peter 2:20.

- b. Makrothumia – This word is used quite often in the NT and denotes the idea of longsuffering. This is the “quality of self-restraint in the face of provocation which does not hastily retaliate or promptly punish; it is the opposite of anger and is associated with mercy, and is used of God. Patience is the quality that does not surrender to circumstances or succumb under trial; it is the opposite of despondency and is associated with hope.”

Impatience with our circumstances leads to impatience with God, which in turn leads to impatience with God’s people. What do we usually do when we begin to feel the heat? We complain to anyone who will listen! We lash out at each other because of the pressure that we are feeling. How are you with patience? What will thou doest when the Lord seems to be delaying on His promises?

I have three examples to share with you, of people who failed the test of patience when the Lord seemed to be delaying on His promises

I would like to believe that you guessed right on the first example – yes, it is of Abraham and Sarah. “If Abraham and Sarah had waited in confiding faith for the fulfillment of the promise that they should have a son much unhappiness would have been avoided. They believed that it would be just as God had promised, but could not believe that Sarah, in her old age, would have a son. Sarah suggested a plan whereby she thought the promise of God could be fulfilled. She entreated Abraham to take Hagar as his wife. In this they both lacked faith, and a perfect trust in the power of God. By hearkening to the voice of Sarah, and taking Hagar as his wife, Abraham failed to endure the test of



his faith in God’s unlimited power, and brought upon himself and upon Sarah, much unhappiness. The Lord intended to prove the firm faith and reliance of Abraham upon the promises he had made him.” 1SP 95.

The second example is that of the presumption of Saul

“When Saul was first anointed king of Israel, he had received from Samuel explicit directions concerning the course to be pursued at this time. “Thou shalt go down before me to Gilgal,” said the prophet; “and, behold, I will come down unto thee, to offer burnt offerings, and to sacrifice sacrifices of peace offerings: seven days shalt thou tarry, till I come to thee, and show thee what thou shalt do.” 1 Samuel 10:8. Day after day Saul tarried, but without making decided efforts toward encouraging the people and inspiring confidence in God. Before the time appointed by the prophet had fully expired, he became impatient at the delay and allowed himself to be discouraged by the trying circumstances that surrounded him.” With growing impatience he awaited the arrival of Samuel and attributed the confusion and distress and desertion of his army to the absence of the prophet. The appointed time came, but the man of God did not immediately appear. God’s providence had detained His servant. But Saul’s restless, impulsive spirit would no longer be restrained. Feeling that something must be done to calm the fears of the people, he determined to summon an assembly for religious service, and by sacrifice entreat the divine aid. God had directed that only those consecrated to the office should present sacrifices before Him. But Saul commanded, “Bring hither a burnt offering;” and, equipped as he was with armor and weapons of war, he approached the altar and offered sacrifice before God.

“And it came to pass, that as soon as he had made an end of offering the burnt offering, behold, Samuel came;

and Saul went out to meet him, that he might salute him.” Samuel saw at once that Saul had gone contrary to the express directions that had been given him. The Lord had spoken by His prophet that at this time He would reveal what Israel must do in this crisis. If Saul had fulfilled the conditions upon which divine help was promised, the Lord would have wrought a marvelous deliverance for Israel, with the few who were loyal to the king. But Saul was so well satisfied with himself and his work that he went out to meet the prophet as one who should be commended rather than disapproved. Samuel’s countenance was full of anxiety and trouble; but to his inquiry, “What hast thou done?” Saul offered excuses for his presumptuous act. He said: “I saw that the people were scattered from me, and that thou camest not within the days appointed, and that the Philistines gathered themselves together at Michmash; therefore said I, The Philistines will come down now upon me to Gilgal, and I have not made supplication unto the Lord: I forced myself therefore, and offered a burnt offering. “And Samuel said to Saul, Thou hast done foolishly: thou hast not kept the commandment of the Lord thy God, which He commanded thee: for now would the Lord have established thy kingdom upon Israel forever. But now thy kingdom shall not continue...” PP 617.

The third example is that of the children of Israel

“And when the people saw that Moses delayed to come down out of the mount, the people gathered themselves together unto Aaron, and said unto him, up, make us gods, which shall go before us; for as for this Moses, the man that brought us up out of the land of Egypt, we wot not what is become of him.” Exodus 32:1.

In the absence of Moses, the judicial authority had been delegated to Aaron, and a vast crowd gathered about his tent, with the demand, “Make us gods,



which shall go before us. . . “Such a crisis demanded a man of firmness, decision, and unflinching courage; one who held the honor of God above popular favor, personal safety, or life itself. . . . Aaron feebly remonstrated with the people, but his wavering and timidity at the critical moment only rendered them the more determined. The tumult increased. . . . Aaron feared for his own safety; and instead of nobly standing up for the honor of God, he yielded to the demands of the multitude. His first act was to direct that the golden earrings be collected from all the people and brought to him, hoping that pride would lead them to refuse such a sacrifice. But they willingly yielded up their ornaments; and from these he made a molten calf, in imitation of the gods of Egypt.

We repeat the sin of Aaron, pacifying, when the eyesight should be clear to discern evil and state it plainly, even if it places us in an unpleasant position, because our motives may be misapprehended. We must not suffer wrong upon a brother or any soul with whom we are connected. This neglect to stand up firmly for truth was the sin of Aaron. Had he spoken the truth plainly, that golden calf would never have been made. There are still pliant Aarons, who . . . will yield to the desires of the unconsecrated, and thus encourage them in sin. Those who are honored with a divine commission, are not to be weak, . . . or to shun disagreeable duties, but to perform God’s work with unswerving fidelity.” SD 209.

The easy road leads to impatience

Patience is one of the fruits of the Spirit. It is a characteristic of being born again. As such it is one of those things that sets the believer apart from the world. But patience is not one of those things that come easily. There is a price to pay for patience. The easy road leads us to impatience. You don’t really need patience when everything around you is going right. You need it when life is hard on you. Suffering and

patience seem to go hand in hand. As a matter of fact, the Bible talks about tribulation working patience in us. You need patience when you don't know why. "Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord—that the Lord is very compassionate and merciful." Job is a wonderful example of endurance. In the face of all his unexplained suffering he is a memorable model of endurance under tremendous testing (Job 1:21, 2:10, 16:9-21, 19:13-27).

There is hope in patience

1. "But if we hope for what we do not see, we wait for it with patience." Romans 8:25
2. "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. " Romans 5:3-4
3. "But the fruit of the Spirit is love, joy, peace, longsuffering (patience), kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. " Galatians 5:22
4. "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope. Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus:" Romans 15: 4-5.

Patience is the character of God

- "The Lord is patient with the world and unbelievers so that everyone can come to repentance. God is patient with the whole world to give people time to repent." 2 Peter 3:8-9
- "Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?" Romans 2:4



God is holy, but He endures countless sins committed by each of us daily. But He doesn't just wipe us away as we deserve. He continues to pull each of us to Himself. Some of us required a lot of pulling before we ever believed. From Philippians 1:6, we know that God will continue this work He began in us. Just as a potter making a pot needs a lot of patience, so God is a patient potter (Isaiah 64:8). Remember also God's patience with the Israelites. They sinned against Him again and again, rebelling against His commands and rule. Yet each time He was ready to forgive and save them. As you can see many times patience is closely related to forgiveness.

Examples of people who showed amazing patience:

- I. David waiting to be king. David was anointed king years before he actually assumed the throne. He could have justified going to take the kingdom himself. He had plenty of opportunities. Yet He waited for the Lord. He waited for God's timing and God did bring it about.
- II. Simeon waiting for the Messiah (Luke 2:25-35). In this case Simeon waited almost his entire life for God's promise to be fulfilled to him.
- III. At Jericho, Joshua 6. In this case God promised they could conquer the city, but He made them walk around the city a total of 13 times first. I can imagine many of the Israelites were questioning why God would do that. They were wondering why God wouldn't just knock down the walls and get it over with. After all, it was the same result either way. Why waste a week doing what could be done in minutes?

What we learn from all these examples is that God's ways are very different from our ways. In our ways we want everything to be at our convenience simply by the click of the button.



We want everything convenient and immediate; we don't care about the processes involved. The world is at our fingertips with the internet, instant foods and fast food stores. God's ways are very often not the fastest ways because God cares about the process, not only the result. When God makes promises He will keep them, but He often doesn't fulfill them immediately. Why does He make us wait? The process of waiting builds our faith and reliance on Him. It strengthens our character in innumerable ways (Proverbs 25:2). It is the glory of God to conceal a matter, but the glory of kings to search it out. Whatever you want in life, learn to wait upon the promises of God and when it seems to be taking long don't bribe your way out or Google your way out for there are no short-cuts to heaven. The result of not waiting for God will be disastrous. If God wants you to get a job, wealth, a child or whatever you want He will provide you at His best time, and



sometimes His best time requires waiting. Don't just jump in and take short-cuts. Remember that God has His perfect timing, and look at the disastrous results of Abraham's and Sarah's impatience.

Benefits of Developing Patience

1. Reduces stress levels. When you learn and practice patience you don't get as angry, stressed or overwhelmed.
2. Results in better decision making. Take the time to assess the situation, see the big picture, and weigh any pros and cons. The chances of making a big mistake lessen because you avoid making the decision in haste.
3. Helps develop understanding, empathy and compassion. Patient people take the time to process what they go through and are able to determine what it takes to overcome obstacles so they are more understanding of others. This can result in better relationships with spouses, friends and children.
4. Helps you understand and appreciate the process of growth. Planning, growth, evaluation and measurement all take time, and taking time takes patience.

If you don't have patience, you may find it difficult to reach your goals. Usually challenges and obstacles arise after setting important goals. People with patience follow the motto, "If at first you don't succeed, try, try, and try again." People who lack patience tend to quit when things get difficult. Getting impatient won't make things move along any faster.

"We must cherish and cultivate the faith of which prophets and apostles have testified--the faith that lays hold on the promises of God and waits for deliverance in His appointed time and way. The sure word of prophecy will meet its final fulfillment in the glorious Advent of our Lord and Saviour Jesus Christ, as King of kings and Lord of lords. The time of waiting may seem long, the soul may be oppressed by

discouraging circumstances, many in whom confidence has been placed may fall by the way; but with the prophet who endeavored to encourage Judah in a time of unparalleled apostasy, let us confidently declare, "The Lord is in His holy temple: let all the earth keep silence before Him." Let us ever hold in remembrance the cheering message, "The vision is yet for an appointed time . . . : though it tarry, wait for it; because it will surely come, it will not tarry. . . . The just shall live by his faith." ML 56.

- One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life.
- Like farmers we need to learn that we cannot sow and reap the same day.
- Adopt the pace of nature: her secret is patience.
- All things come round to him who will but wait.
- Patience is bitter, but its fruit is sweet.
- Patience is the companion of wisdom.

"The end of a thing is better than its beginning; the patient in spirit is better than the proud in spirit." Ecclesiastes 7:8.


If we are faithful a day at a time, the long years of waiting will take care of themselves.

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31. For there is power in patience, a blessing of waiting.

May the good Lord grant us more wisdom and patience. Amen.



Emmanuel Machakaire is a(n) SDA writer who is based in So. Africa. He enjoys studying, writing, and sharing Bible truths.



He will come for his own

In the glad time of the harvest,
In the grand millennial year,
When the King shall take His scepter,
And to judge the world appear,
Earth and sea shall yield their treasure,
All shall stand before the throne;
Just rewards will then be given,
When the King shall claim His own.

O the rapture of His people!
Long they've dwelt on earth's low sod,
With their hearts e'er turning homeward,
Rich in faith and love to God.
They will share the life immortal,
They will know as they are known,
They will pass the pearly portal,
When the King shall claim His own.

Long they've toiled within the harvest,
Sown the precious seed with tears;
Soon they'll drop their heavy burdens
In the glad millennial years;
They will share the bliss of heaven,
Nevermore to sigh or moan;
Starry crowns will then be given,
When the King shall claim His own.

We shall greet the loved and loving,
Who have left us lonely here;
Every heartache will be banished
When the Saviour shall appear;
Never grieved with sin or sorrow,
Never weary or alone;
O, we long for that glad morrow
When the King shall claim His own!

—L. D. Santee

A Message to Be Borne

By Mrs. E. G. White



The fifty-eighth chapter of Isaiah should be studied carefully and prayerfully. Here God's messengers are given a direct, forcible message: "Cry aloud, spare not, lift up thy voice like a trumpet, and show my people their transgression, and the house of Jacob their sins." It is to church-members that this message is to be given, to those who suppose that they are righteous, who take delight in approaching to God. "They seek me daily," God declares, "and delight to know my ways, as a nation that did righteousness; and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God."

But they do not delight themselves in the truth. If they searched the Scriptures with a heart free from pride and prejudice, their eyes would be opened to see wonderful things in the law of God. But to accept the truth involves a cross, and therefore they reject it. They think they are righteous, but their righteousness is self-righteousness.

True worship cannot be characterized by pretense and mockery of humility

The people described in this chapter realize that they have not the favor of God; but instead of seeking His favor in His own way, they enter into a controversy with

Him. Why, they ask, since we observe many ceremonies, does the Lord not give us special recognition? "Wherefore have we fasted, . . . and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge?"

God answers, "Behold, in the day of your fast ye find pleasure, and exact all your labors. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high."

The fasts observed by these worshipers are a mere pretense, a mockery of humility. They retain all their objectionable traits of character. Their hearts are not cleansed from defilement.

They have not received the softening showers of the grace of God. They are destitute of the Holy Spirit, destitute of the sweetness of its influence. They manifest no repentance, no faith that works by love. They are unjust and selfish in their dealing with their fellow men, mercilessly oppressing those whom they regard as their inferiors. Yet they complain because God does not exalt them above all others because of their righteousness.

Those who claim to be followers of Christ will have clean hearts

The Lord sends them a message of positive reproof, showing plainly why they are not visited by His





calling upon them to do this work.

The Sabbath is a sign between God and His people forever

The Sabbath command has been set aside by human authority. Men have torn down God's holy day, and have exalted in its stead a common working day. Thus God has been greatly dishonored. The Sabbath is His memorial of creation. After He had finished creating the world, He rested from His work, and He sanctified and blessed the day on which He rested, giving it to man as a day of rest. It is to be a sign between Him and His people forever. He says to those who live in this age of the world: "If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father."

God has a message for the sinners in Zion, and the bearing of this message is the work before Seventh-day Adventists. The warning must be given. "Cry aloud, spare not, lift up thy voice like a trumpet." Be earnest and decided.

Make no concessions to transgressors.

Bear the message to all peoples, nations, and kindreds, telling them that God has a law which

is as high above man-made laws as heaven is above the earth. Let not the truth languish upon your lips. Let not your words be words of peace and safety. Say not to the transgressors, It does not matter what you believe. Say to the people, as Christ said to Moses, "Six days may work be done; but in the seventh is the Sabbath of rest, holy to the Lord."

grace. "Is it such a fast that I have chosen?" He asks, "a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? Wilt thou call this a fast, and an acceptable day to the Lord?"

Will they accept this reproof, and pray for true repentance? Will they put away their sins and ask for pardon? Will they bring the atmosphere of heaven into their families, and into their association with their fellow men?

The Lord says, "Is not this the fast that I have chosen? to loose the bands of wickedness to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him, and that thou hide not thyself from thine own flesh?"

Here are laid down the duties devolving upon those who claim to be Christ's followers. Those who are truly connected with the Saviour will reveal this connection by doing the works of mercy here outlined.

A breach is to be repaired

And to those who obey this command is given the promise, "Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; and if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

"And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in." Notice the work that is to be done. A breach is to be repaired, and the Lord gives His ambassadors a message to bear to the people,



God's servants are to deal with evil as He has directed

A message of eternal importance is to be borne to those nigh and to those afar off. Let God's messengers form no confederacy with those who, after hearing the message, refuse to search the Scriptures to see whether or not these things are so. God's servants are to deal with evil as He has directed. They are to make no covenant with the world. The instruction which God gave to Moses for Israel is for us today: "Take heed to thyself, lest thou make a covenant with the inhabitants of the land whither thou goest, lest it be for a snare in the midst of thee." Satan works through those who do not acknowledge God as their Ruler. "Ye shall destroy their altars, break their images, and cut down their groves: for thou shalt worship no other god: for the Lord, whose name is Jealous, is a jealous God."

God will render to every man according to his deeds

The message God sends through His servants will be scorned and derided by unfaithful shepherds, who tread down with their feet the feed of the pastures, giving the flock as food that which they have defiled. "Woe be unto the pastors that destroy and scatter the sheep of my pasture! saith the Lord." No outward nearness to God will screen from divine wrath those who trample under their feet the law of Jehovah. God will render to every



man according to his deeds; "to them who by patient continuance in well-doing seek for glory and honor and immortality, eternal life: but unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath. . . . As many as have sinned without law shall also perish without law: and as many as have sinned in the law shall be judged by the law; for not the hearers of the law are just before God, but the doers of the law shall be justified."

God will call us into account for our misused opportunities

God will not treat men according to the position they occupy, according to their possessions, or their color, but according to the character they have formed. Thus will be decided the case of each one. The punishment of those who have had abundant opportunity to know the truth, but who in blindness and unbelief have contended against God and His messengers, will be proportionate to the light they have rejected. God greatly favored them, giving them peculiar advantages and gifts, that they might let their light shine forth to others. But in their perversity they led others astray. God will judge them for the good they might have done, but did not. He will call them to account for their misused opportunities. They turned from God's way to their own way, and they will be judged according to their works. By walking contrary to the principles of the truth, they greatly dishonored God. They became fools in His sight by turning His truth into a lie. As they have been distinguished by the mercies bestowed on them, so they will be distinguished by the severity of their punishment.

RH, June 25, 1901



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.



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The 1260 Years of Daniel's Prophecy

By W.A. Spicer



Compressed into forty-four words, the age-long story of the workings of the Roman Papacy is thus told by the angel who interpreted Daniel's vision of the little horn:

"He shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time." Dan. 7:25.

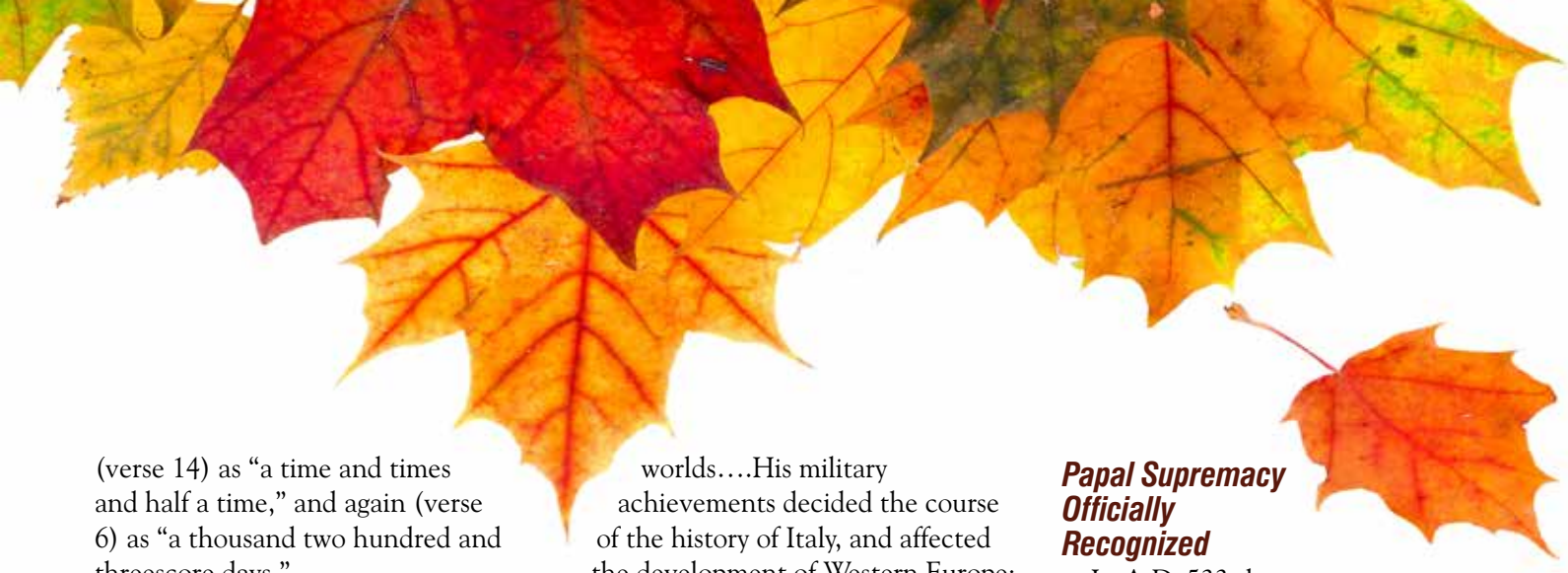
The spirit of this apostasy was abroad in apostolic days. "The mystery of iniquity doth already work," said the apostle Paul. 2 Thess. 2:7. And this power is to continue to work until the end, when it will be destroyed by the brightness of Christ's coming. Verse 8.

A Prophetic Period

But according to the word of the angel to Daniel, there was to be a period during which, in a special sense, the Papacy was to hold supremacy over the saints and the times and the laws of the Most High.

"They shall be given into his hand until a time and times and the dividing of time." In the Scriptures the word "time," used in this manner, means a year: "at the end of times, even years." Dan. 11:13, margin. Therefore a time (one year) and times (two years) and the dividing of time (half a year) means three and a half. The same period is mentioned twice in the twelfth chapter of Revelation, once





(verse 14) as “a time and times and half a time,” and again (verse 6) as “a thousand two hundred and threescore days.”

But in the symbolic representations of time in prophecy, a day stands for a year (see Eze. 4: 5,6, and other scriptures). Thus the prophecy foretold a long period of 1260 years during which papal supremacy would continue.

Now we may ask, When was this supremacy to begin? what would mark the rise of the Papacy to acknowledged supremacy? and what events mark the ending of the 1260 years?

A Pivotal Point in History

The answer of history to the voice of prophecy is clear.

The sixth century was a pivotal period in the history of the world. The bishops of Rome had been asserting the claims of that seat (or “sea”) above all others. Justinian was emperor of the East. Of Justinian and his time Bury says:

“He may be likened to a colossal Janus bestriding the way of passage between the ancient and medieval

worlds....His military achievements decided the course of the history of Italy, and affected the development of Western Europe; ...and his ecclesiastical authority influenced the distant future of Christendom.” History of the Later Roman Empire, Vol. 1, pp. 351-353.

Of this turning point in the world’s history, Finlay says: “The changes of centuries passed in rapid succession before the eyes of one generation.” Greece under the Romans, p. 231.

Just here we find the Papacy lifted into acknowledged supremacy. Imperial Rome had already left its ancient seat to the Papacy, the imperial throne being no longer maintained at Rome. The Bishop of Rome was left the chief figure in the ancient seat of the Caesars. The prophecy of Rev. 13:2 had said of the relation of the old imperial power to the papacy, “The dragon gave him his power, and his seat, and great authority.” The seat was given, and now imperial Rome was to give to Papal Rome the definite recognition of its supreme power and “great authority.”

Papal Supremacy Officially Recognized

In A.D. 533 the emperor Justinian promulgated a letter, having the force of an imperial decree, recognizing the absolute headship of the Bishop of Rome over the churches. It declared: “We have been sedulous to subject and unite all the priests of the Orient throughout its whole extent to the see of Your Holiness.... For we do not suffer that anything which is mooted, however clear and unquestionable, pertaining to the state of the churches, should fail to be made known to Your Holiness, as being the head of all the churches. For, as we have said before, we are zealous for the increase of the honor and authority of your see in all respects.” R. F. Littledale, page 293.

From this decree the Roman authorities date the official recognition of the supremacy of the Papacy. Some have taken a later decree by Emperor Phocas (A.D. 606) as a starting point. But Dr. Croly says: “The highest authorities among the civilians and





538; and this defeat, says Hodgkin, dug “the grave of the Gothic monarchy in Italy.”

Though the conflict went on for years before the Goths were rooted up, this defeat was a crucial hour in their history. Finlay says: “With the conquest of Rome by Belisarius, the history of

the ancient city may be considered as terminating; and with his defense against Witiges (538) commences the history of the Middle Ages.” Greece under the Romans, page 295.

Roughly speaking, the Middle Ages and the age of papal supremacy and power were the same.

A New Order of Popes

Not only was there this telling stroke by the imperial sword in 538, helping clear the way before the Papacy, but at the same time the first of a new order of popes was placed upon the papal throne by the imperial arms. Pope Silverius, accused of sympathy with the Goths, was deposed by Belisarius in 537. In that year, as Schaff says: “Vigilius, a pliant creature of Theodora, ascended the papal chair under the military protection of Belisarius (538-554), History of the Christian Church, Vol. III, page 327.

With him begins a new order. Though personally he was humiliated by the emperor’s demands, and the Papacy itself was brought into a state of subjection that it had not known even under heretical Gothic kings, yet this very arbitrary use of the papal prerogative by Justinian, strengthened the idea that the Pope of Rome was the supreme authority in religion, to speak for the universal church. In Bemont and Monod’s textbook on “Medieval Europe,” page 120, we read: “Down to the sixth century all popes are declared saints in the martyrologies . Vigilius (537-555) is the first of a series of popes who no longer bear this title,

which is henceforth sparingly conferred. From this time on the popes, more and more involved in worldly events, no longer belong solely to the church; they are men of the state, and then rulers of the state.”

A Persecuting Power

Following Vigilius came Pelagius I (556-560), who ascended the throne by “the military aid of Narses,” then the imperial guard in Italy. And Pelagius, who had been set in the papal see by imperial power, began to demand that the sword of the empire should be used against bishops or members in the church who did not give way to the authority of the Pope. His letters on this subject “are an unqualified defense of the principles of persecution.” (Wee Dictionary of Christian Biography by Smith and Wace).



The prophecy declared that the Papacy would be given special supremacy during a period of 1260 years.

In A.D. 533 came the memorable imperial declaration recognizing that supremacy, and in 538 came the stroke with the sword of Rome, cleaving the way; and there began the new order of popes—“men of the state, and then rulers of the state.”

Thus decisive events clearly mark the beginning of the prophetic period of the 1260 years. And just 1260 years from that stroke with the sword at Rome in behalf of the Papacy, came a stroke with the sword at Rome against the Papacy.

annalists of Rome spurn the idea that Phocas was the founder of the supremacy of Rome; they ascend to Justinian as the only legitimate source, and rightly date the title from the memorable year 533.” The Apocalypse of St. John, pp. 172, 173.

The Sword of Empire Cleaves the Way

The “great authority” had been recognized. But at this time heretical Arian powers compassed the papal seat about. The Arian Vandals were persecuting Catholics in Africa, Corsica, and Sardinia, and an Arian Gothic king ruled Italy from Ravenna, his capital. The imperial arms, however, were at the service of orthodoxy. In 533-534 Justinian’s famous general, Belisarius, uprooted the Vandals. The war for the faith and the empire was carried into Italy also, against the Arian Goths. In 536 Belisarius, unopposed, entered Rome at the invitation of the Pope. But the next year the Goths rallied all their forces to retake the city. It was a crisis in the struggle for Italy. “If a single post had given way,” says Gibbon, “the Romans and Rome itself, were irrecoverably lost.” The

Goths withdrew, defeated, in





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The Church That Knowest Not

By Vernon Sparks



Editor's note:

This article is a requested reprint from April, 1992. Its message is very pertinent for us today.

It is well recognized among us as Seventh-day Adventists that the messages to the seven churches of Revelation chapters 2 and 3 picture the experience of the Christian church down through the centuries. As early as 1856 our leadership recognized that the message to the last church, Laodicea, was prophetic of our experience as God's remnant church. See Ellen White, *The Early Years*, vol. 1, 1827–1862, 342–345. What has been less recognized and accepted is the content of the message to Laodicea and the significance to those to whom it is addressed.

Each of the messages to the seven churches is addressed to the “star”, or angel, of that respective church. See Revelation 1:16, 20; 2:1, 8, 12, 18; and 3:1, 7, 14. The angel represents the ministry or leadership of each respective church. (See GW 13, and AA 586.) The Bible does not say that these seven letters are given to the respective leaderships for them to serve to the church as communicants of the message. Scripture does not say that these letters are descriptions of only the laity throughout the Christian era. No, it seems that these descriptions of Christ's church till the close of time are describing the conditions of *both* leadership and laity, but especially of leadership. Human experience tends to follow the dictum: “Like leader, like people.” Christ addresses His messages to the leadership of each of His churches because the messages are descriptions of the leadership as well as of the people. He also addresses these messages to leadership because He holds the under-shepherds responsible for the condition of the sheep.

Two groups are presented in the message to the church at Sardis

In His message to the first church (Rev. 2:1–7), Christ informs leadership that there is apostasy in the church in

the form of “false apostles” (verse 2). He also states that the church as a whole is apostatizing by leaving their first love and are in need of repentance (verses 4–5). A careful study of the messages to churches two, three, four, and six reveals that each had individuals or groups disobedient to the Lord (Rev. 2:8, 12, 18 and 3:7). The major body of each of these four churches, however, was not greatly condemned by the Faithful and True Witness. Evidently, these churches contained apostasy, but they, as a body, were not in apostasy.

The condition of the fifth church, Sardis, was less favorable. It had a name of being spiritually alive, but in reality it was dead. Its members were unaware of their true condition and were in need of waking up (Rev. 3:1–6). Only a few in Sardis were not involved in the apostasy (verse 4). The majority, or body, were in disobedience to Christ and in need of repentance. We are told that the message to Sardis is sent to Christ's present-day church.

“In the message to the church at Sardis two parties are presented—those who have a name to live, but are dead; and those who are striving to overcome. Study this message, found in the third chapter of Revelation. Who are meant by those that are ready to die? and what has made them thus? The explanation is given, ‘I have not found thy works perfect before God.’ To the church of the present day this message is sent.” 7 SDABC 959.

The condition of Christ's last church is the least favorable of all

In the last church no individuals or groups are singled out by the True Witness. It is seemingly not a problem of *some* in the church being asleep or dead or in apostasy; the whole body is involved. The whole leadership and laity alike are described as having a lukewarm relationship with Christ and in danger of being rejected by Him. We are told that “there are Enochs in this our day” (*Christ's Object Lesson*, 332), but according to the account of the Faithful and True Witness they must be in the minority.

“And unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert



cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.” Rev. 3:14–16. That the entire end-time church is in a less-than-ideal spiritual condition is confirmed by the parable of the ten virgins of Matthew 25:1–13. All, leadership and laity alike, are described as being spiritually asleep just before the arrival of the bridegroom. Christ described His last church as being in a wretched spiritual condition. “Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked.” Rev. 3:17.

Does the end-time prophet confirm our condition as described by the Faithful and True Witness?

“The message to the Laodicean church is highly applicable to us as a people.” Ibid., vol. 7, 961. “The message to the church of the Laodiceans applies especially to the people of God today.” RH, vol. 4, 548. “The message to the church of the Laodiceans is a startling denunciation, and is applicable to the people of God at the present time. . . . The Lord here shows us that the message to be borne to His people by ministers whom He has called to warn the people is not a peace-and-safety message. . . . The testimony, so cutting and severe, cannot be a mistake, for it is the True Witness who speaks, and His testimony must be correct,” 3T, 252,253.

What will happen if we do not awaken to our true condition? Our churches and institutions will become weakened and dead. “The church is like the unproductive tree which, receiving the dew and rain and sunshine, should have produced an abundance of fruit, but on which the divine search discovers *nothing but leaves*. Solemn thought for our churches! solemn, indeed, for every individual! Marvelous is the patience and forbearance of God; but ‘except thou repent’, it will be exhausted; the churches, our institutions, will go from weakness to weakness, from cold formality to deadness, while they are saying, ‘I am rich, and increased with goods, and have need of nothing.’ The True Witness says, ‘And *knowest* not that thou art wretched, and miserable, and poor, and blind, and naked.’ Will they ever see clearly their true condition?” (Italics in original) RH, vol. 2, 454.



How concerned should we be by the exposure of our true condition as a people?

Is the condition of being lukewarm very serious? Is there any great danger involved in remaining in the comfortable lukewarm condition? “So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.” Rev. 3:16.

How concerned should we be about the danger of being spewed out? “Will the churches heed the Laodicean message? Will they repent, or will they, notwithstanding that the most solemn message of truth—the third angel’s message—is being proclaimed to the world, go on in sin? This is the last message of mercy, the last warning to a fallen world. If the church of God becomes lukewarm, it does not stand in favor with God any more than do the churches that are represented as having fallen and become the habitation of devils, and the hold of every foul spirit, and the cage of every unclean and hateful bird. Those who have had opportunities to hear and receive the truth and who have united with the Seventh-day Adventist Church, calling themselves the commandment-keeping people of God, and yet possess no more vitality and consecration to God than do the nominal churches, will receive of the plagues of God just as verily as the churches who oppose the law of God. Only those that are sanctified through the truth will compose the royal family in the heavenly mansions Christ has gone to prepare for those that love Him and keep His commandments.” MS, vol. 189, 176.

There can be no apostasy with more serious consequences than that of Laodicea who will suffer the seven last plagues unless she repents. Laodicea’s serious condition is compounded by her blindness to her condition. It is serious enough to be in danger of the punishment prepared for those who receive the mark of the beast. It is even a more serious and desperate situation to be blinded to that danger. There can be no greater danger than remaining asleep in the church that knowest it not. “So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked.” Rev. 3:16,17.





God will not be trifled with

With reason Isaiah tells us to “Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.” Isa. 58:1. Woe to those who continue to rock the cradle of the slumbering church when such messages are given.

“Those who work in the fear of God to rid the church of hindrances, and to correct grievous wrongs, that the people of God may see the necessity of abhorring sin, and that they may prosper in purity, and the name of God be glorified, will ever meet with resisting influences from the unconsecrated. Zephaniah describes the true state of this class, and the terrible judgments that will come upon them: ‘And it shall come to pass at that time, that I will search Jerusalem with candles, and punish the men that are settled on their lees: that say in their heart, The Lord will not do good, neither will He do evil.’ Zeph. 1:12. . . . God will not be trifled with. It is in time of conflict when the true colors should be flung to the breeze. It is then the standard-bearers need to be firm, and let their true position be known. It is then the skill of every true soldier for the right is tested. Shirks can never wear the laurels of victory. Those who are true and loyal will not conceal the fact, but will put heart and might into the work, and venture their all in the struggle, let the battle turn as it will. God is a sin-hating God; and those who will encourage the sinner, saying, It is well with thee, God will curse.” RH, vol. 2, 49,50.

Woe to us if we try to diminish our personal responsibility or that of leadership by downplaying the seriousness of disobedience to the Lord, or apostasy in the church. The lesson to be learned from Achan’s experience is that the whole body, and especially leadership, is held responsible when there is sin in the camp. When we fail to do what we can to remove apostasy from our ranks we become guilty of, and parties to, that apostasy.

Scriptural duty to reprove sin cannot be dictated by feelings

“The history of Achan teaches the solemn lesson, that for one man’s sin, the displeasure of God will rest upon a people or a nation till the transgression is searched out and punished. Sin is corrupting in its nature. One man infected with its

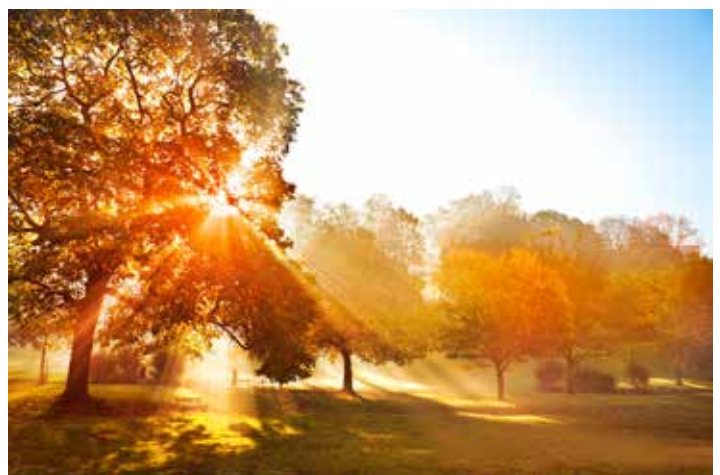
deadly leprosy may communicate the taint to thousands. Those who occupy responsible positions as guardians of the people are false to their trust, if they do not faithfully search out and reprove sin. Many dare not condemn iniquity, lest they shall thereby sacrifice position or popularity. And by some it is considered uncharitable to rebuke sin. The servant of God should never allow his own spirit to be mingled with the reproof which he is required to give; but he is under the most solemn obligation to present the Word of God, without fear or favor. He must call sin by its right name. Those who by their carelessness or indifference permit God’s name to be dishonored by His professed people, are numbered with the transgressor—registered in the record of heaven as partakers in their evil deeds.” 1 ST 221.

When we perceive spiritual coldness and declension among us, we need to seek wisdom from God as to how to recognize the evil in the camp and how to get rid of it.

“We repeat, God holds the church responsible for the sins of its individual members. When coldness and spiritual declension exist, God’s people should put away their pride and self-confidence and self-exaltation, and should come to the Lord in sorrow and humility, not charging Him with injustice, but seeking wisdom to understand the hidden sins which shut out His presence.

“Those who have the true love of God in their hearts will not teach that sin should be handled with gloved hands. The words of God to Joshua contain a solemn lesson for every one who professes to be a follower of Christ—‘Neither will I be with you any more, except ye destroy the accursed from among you.’” Josh. 7:12; *ibid.*, 222.

“If wrongs exist among the people, and the servants of God pass on indifferent to them, they virtually sustain and justify the sinner, and are guilty alike with the sinner, and will receive the displeasure of God just as surely as the sinner; for they will be made responsible for the sins of the guilty. Those men who have excused wrongs have been thought by the people to be very amiable, and of lovely disposition, simply because they shunned to discharge a plain and scriptural duty. The task was not agreeable to their feelings; therefore they avoided it.” RH, vol. 1, 133.



The church is steadily retreating toward Egypt

We need not study far into the counsels of the Spirit of Prophecy as to how Christ has asked us to live for Him and as to how we are to do His work on this earth to realize that as a people we are in disobedience to many of those counsels. (See *Our Firm Foundation*, Dec., 1991, 5.) One does not have to study far to agree with the General Conference leadership of 1973–1974 that “Leaders and people are in some ways disobedient to divine directives, both in personal experience and in the conduct of the church’s commission. . . . As Seventh-day Adventists we cannot plead ignorance of God’s will concerning His expectations, either for the individual or for the church. If we ignore or reject God’s counsels, this may well be defined as an act of insubordination, which will affect our relation to the coming of the Lord.” Annual Council 1973/1974 Appeals (See *Our Firm Foundation*, Dec., 1991, 1).

Our degree of Laodicean slumber is measurable by how we perceive ourselves in comparison as to how God perceives us as portrayed by His messenger in the following reference:

“I am filled with sadness when I think of our condition as a people. The Lord has not closed heaven to us, but our own course of continual backsliding has separated us from God. Pride, covetousness, and love of the world have lived in the heart without fear of banishment or condemnation. Grievous and presumptuous sins have dwelt among us. And yet the general opinion is that the church is flourishing and that peace and spiritual prosperity are in all her borders.

“The church has turned back from following Christ her Leader and is steadily retreating toward Egypt. Yet few are alarmed or astonished at their want of spiritual power. Doubt, and even disbelief of the testimonies of the Spirit of God, is leavening our churches everywhere. Satan would have it thus. Ministers who preach self instead of Christ would have it thus. The testimonies are unread and unappreciated. God has spoken to you. Light has been shining from His word and from the testimonies, and both have been slighted and disregarded. The result is apparent in the lack of purity and devotion and earnest faith among us.” 5T 217.



Our condition as leaders and laity is indeed wretched

We were warned that Satan’s final deception for us as a people would be to turn back from following Christ by permitting His leadership of us to be made of none effect by our lack of faith in the Spirit of Prophecy.

“The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. ‘Where there is no vision, the people perish’ (Proverbs 29:18). Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God’s remnant people in the true testimony.” 1 SM 48.

Tragically, to a great extent, Satan has been successful in accomplishing his objective. Yes, our condition as leaders and laity is indeed wretched, and as long as we refuse to recognize our insubordination and apostasy, our condition is truly desperate. But let us not despair; the Faithful and True Witness has more than adequate power and remedies to cope with our dire straits. “I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.” Rev. 3:18.

“In holy vision the prophet saw the ultimate triumph of God’s remnant church. He writes: ‘I saw as it were a sea of glass mingled with fire: and them that had gotten the victory . . . stand on the sea of glass, having the harps of God. And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvelous are thy works, Lord God Almighty; just and true are thy ways, thou King of saints.’” Rev. 15:2,3; SD 358.

Some questions to consider:

In what ways do God’s plans for us differ from our present ways of living and working for Him? What will it take to awaken us from our comfortable, lukewarm, slumbering condition? What is to be our response to apostasy? What measures are being used by Christ and will be used by Him to prepare presently lethargic leaders and members of the church that “knowest not” to stand perfected on the sea of glass?



Health Gem

Alfalfa

This month we are featuring the herb, Alfalfa. The word alfalfa means “the father of all foods.” Hope for Health has received many calls from customers like you requesting an affordable daily nutritional supplement—a supplement that will maintain your current “good” health status and will be a “one-size-fits-all” type of nutritional complement. We believe we can fulfill this request with Alfalfa; it is EXTREMELY nutritious and EXTREMELY affordable: 250 caplets for \$9.99. The daily dose is only two caplets a day, so that means each bottle will last 125 days, or a little more than 4 months, for only eight cents a day! That’s right! For less than ten cents a day you can benefit from what is known as the MOST complete food source available!

Chlorophyll in alfalfa helps to curb appetite and cravings

Alfalfa is a tonic herb, one that supports health by nourishing the body. Alfalfa contains essential vitamins including the entire spectrum of B-vitamins, as well as vitamins A, D, E and K. Alfalfa is also a source of the minerals iron, niacin, biotin, calcium, magnesium, phosphorous and



potassium. If that isn’t enough, alfalfa is a source of chlorophyll, four times higher than ANY other vegetable! Chlorophyll is what gives the deep, rich green pigment to vegetables and has been shown to help control body odors. When tested in a nursing home, one study found that the patients given chlorophyll showed improvement not only regarding their body and fecal odors, but it also alleviated constipation. Chlorophyll may also help speed the recovery time for wounds, and reduce redness and swelling. A study released in September of 2013 determined that compounds containing chlorophyll, such as alfalfa, might help suppress hunger and cravings. Twenty moderately overweight women were given test meals on three separate occasions one week apart—two meals with chlorophyll, one without. They reported reduced hunger following the meals containing the chlorophyll, and blood tests showed stable blood sugar levels. These results suggest that chlorophyll in Alfalfa may be considered as a possible way to manage hunger, cravings and promote weight loss!

Alfalfa has been shown to contain over 300 nutrients and phytonutrients

Phytonutrients (also referred to as phytochemicals) are compounds found in plants. They serve various functions in plants, helping to protect the plant’s vitality. For example, some phytonutrients protect the plant from UV radiation while others protect it from insect attack. Not only do phytonutrients award benefit to the plants, but they also provide benefits such as antioxidant activity, anti-inflammatory benefit and support for liver health to those who enjoy plant food.

One of the reasons that alfalfa is such a powerful source of nutrients is



that its extensive root system allows the plant to absorb high levels of nutrients from the soil. Alfalfa roots have been known to go down twenty to thirty feet into the ground, which brings up the minerals that are not available on the surface of the soil. Very few plants and herbs can boast this depth of utilization!

Alfalfa contains 8 essential enzymes that enable foods to be absorbed in the body:

- Lipase – breaks down fat
- Amylase – digests starch



- Coagulase – helps to convert protein
- Emulsin – liberates the sugar
- Invertase – converts cane sugar to dextrose
- Peroxidase – oxidizes the blood
- Pectinase – breaks down food carbohydrates
- Protase – digests proteins

Without enzymes, your body does not function well at all. In fact, Dr. Edward Howell, the groundbreaking physician who devoted his life to the study of enzymes, has stated in his work, Food Enzymes for Health and Longevity: “After we have attained full mature growth, there is a slow and gradual decrease in the enzyme content of our bodies. When the enzyme content becomes so low that metabolism can’t proceed at a proper level, death overtakes us.” So, we want plenty of enzymes for good health and long life!

If one does not consume proper levels of enzymes from foods or supplements, the following symptoms may occur:

1. Excessive gas
2. Bloating (particularly after meals)
3. Diarrhea and/or constipation
4. Heartburn

5. Cholesterol problems
6. Low energy
7. Skin problems
8. Pain and inflammation
9. Allergies
10. Trouble sleeping, and more!

Once enzymes have completed their appointed task they are destroyed. In other words, they do not stay in your system long-term. For life to continue, you must have a **constant** enzyme supply, which requires continual **replacement** of enzymes. Alfalfa is the answer to your enzyme needs! It can insure that your digestive system continues to function at an optimum level by constantly adding to your enzyme supply.

In addition, alfalfa also contains vitamin U, which is useful as a remedy



for ulcers, and other problems related to the intestinal tract. Vitamin U was a successful supplement for over 80% of the subjects with ulcers tested at Stanford University.

Alfalfa is not just for horses and cows!

As you may be starting to realize, the benefits of alfalfa are extensive. You may have previously thought that alfalfa was just for feeding livestock, which it was at one time. The benefits of alfalfa were first discovered thousands of years ago by the Arabs. They found that when horses ate alfalfa they were stronger and faster. They thought if the horses benefited so greatly, why not add it to their

own diets! They quickly realized that people who consumed it remained healthier than those who did not. The health enjoyed by the horses and people are due in part to the fact that compared to other plants, alfalfa is very high in protein. Alfalfa is part of the legume family (beans and peas); legumes are low in fat, high in fiber, and are an excellent source of protein. Alfalfa has about 20% protein compared to beef at 16%, eggs at 13.1% and milk at 3.5%.

“But where will I get my protein??”

Hope for Health promotes a vegetarian (no meat), or vegan (no meat or dairy) diet. When people consider a change to a meatless diet, one of the first concerns they often have is how they will receive enough protein without a source of meat. In actuality, all fruits, grains, vegetables, nuts and legumes contain protein. We do not need meat to be healthy, and in fact will be much healthier without it! Dr. Register and Dr. Hardinge, both active in the field of human nutrition, have found in their research that fruit **alone**, if amply supplied in sufficient variety, would provide people with enough protein to meet the actual body demand. This is interesting to note, as the original diet in the Garden of Eden was only fruit.

Another point is that there are many side effects of too much **animal** protein but literally no side effects from a lot of **plant** protein. An





interesting experiment took place by consequence in Denmark during the First World War. The whole nation was forced onto a vegetarian program as they were blockaded by sea and land; the nation was faced with a food shortage. The King of Denmark made an emergency call to Dr. Hindehede (Hin de hay dee), a notable authority on nutrition. He put the nation on a meatless program for a year. Many thought it would be disastrous. Instead, it established a **world** record for lowered death rate. There was also a marked decrease in the illness rates of the Danish people. Think that might have been a fluke? Going back to eating meat the next year sent the death rate right back to its pre-war level. It is hard to controvert the idea



that meat was, and is, the problem.

Dr. Stare of Harvard studied animal disease and the effects of a flesh diet on his patients. He quickly became a vegetarian and has been quoted as saying that he would find it difficult to ever again eat meat. His own research convinced him how unhealthy meat eating is!

Endurance improves with a vegetable-based diet

A great many people think that if you are going to work hard, and need lots of endurance, you must eat a lot of meat. The facts are the opposite! A professor at Yale showed that when



vegetarian rookie athletes were pitted against the best athletes of Yale, the untrained men had more than **twice** the endurance of meat-eating athletes! Twice the endurance! Further reports of vegan athletes can be found at greatveganathletes.com, which reports: "Many of the most successful sportspeople worldwide are now vegan. While they may differ in that they have decided to go vegan to avoid animal cruelty, for their health, to reduce environmental impact, or other reasons, they have one large similarity. They have proved that excellence and veganism often go together. Myths still persist that state that it is not

possible to be vegan and be successful in sport. These myths do not have a foundation in science; athletes build muscle, endurance and ability on plant sources and many go on to achieve great things. The performance of these athletes is proof that veganism can and does enable excellence."

Recommended DVDs for your viewing and learning to improve your health

Hope for Health produced a five-part DVD series on the "Protein Myth" that expands on these facts, if you are interested in this DVD series each part is available individually for \$1.99. Simply call Hope for Health at 1-800-468-7884 to order yours today.

Why would you want to eat your vegetable and grains second-hand through an animal? Meat contains waste products that the animal would have eliminated. A person who eats flesh loads himself with wastes of the meat. When these wastes reach the body cells, they bring on fatigue and aging!

Dan Olson has shared an account of visiting a slaughterhouse as a young man and seeing cows, separated in a pen, that were very sickly-looking and half-dead already. Some of the cows had large tumors or oozing sores; they were disgusting. He asked the manager of the slaughterhouse what would become of these cows and was told that those cows were sent to a fast food restaurant you would readily know! That is what is going into the burger you eat. Not a very happy thought, is it?

Hope for Health has another DVD, "Meet Your Meat", that is also available for \$1.99 that explains further the conditions under which your meat is produced. If you prefer a book, Hope for Health has an excellent research book by Vance Ferrell that gives a full account as to

why meat eating is a danger to your health; the book is “International Meat Crisis” for \$2.99.

We will be your support system!

Research report after research report all conclude that the high nutrient consumption of a vegan or vegetarian diet may improve longevity. One study found strict vegans, following a careful diet, consumed greater amounts of high quality nutrients leading to better health. Based on everything we have learned about the beneficial properties of the phytochemicals found in plant-based foods, we should not be surprised that a vegetarian or vegan diet can improve health. If you have been considering the change to a meatless diet, the staff at Hope for Health would love to help you in any way we can. We will cheer you on and provide any counseling you may need!

There are countless cookbooks filled with delicious vegetarian recipes. There are many appetizing meatless “meat” products available at your local grocer to help you as you transition. We often look for something to fill that empty spot on the dining room table that meat once occupied, when in reality we only need the “side” dishes! Your body will thank you and your family will thank you as you will have more energy and live longer to enjoy your great, great grandkids!

If you have been a meat eater, you may have issues with your cholesterol levels. One of the significant health advantages of alfalfa is the critical part it plays as a powerful control of cholesterol. In several studies, alfalfa supplementation helped blood cholesterol levels, particularly for individuals with a specific kind of improper cholesterol concentrations. It appears that the fibers and chemicals in alfalfa stick to cholesterol, so that it doesn't stay in the blood, therefore,

it can't be deposited on blood vessel walls. Even more exciting is that it seems to leave good cholesterol levels alone. When cholesterol levels are not controlled, it can lead to several serious medical conditions involving the heart and circulation. Wouldn't it be wonderful to help balance your normal cholesterol levels?

Besides all of this, alfalfa is also a rich source of amino acids

Amino acids are the building blocks of the body. In addition to building cells and repairing tissue, they form



antibodies to combat invading bacteria and viruses. Let's read that again... The amino acids in alfalfa combat invading bacteria and viruses. When you go to the doctor, and he says you have a virus, he then tells you that antibiotics are of no value against viruses. But what he probably *doesn't* tell you is... amino acids are! These amino acids are also part of the enzyme and hormonal system and carry oxygen throughout the body and participate in muscle activity. As the building blocks of protein, amino acids are **vital** to health. Other than



water, amino acids, in the form of proteins, make up the greatest portion of our body weight. They are found in the tendons, muscles and ligaments; organs and glands; hair and nails; and are a **necessary** part of every cell in the body.

Are you beginning to see how important amino acids are?

There are over 20 amino acids, separated into two categories—essential and non-essential. **Essential** amino acids are those that cannot be manufactured by your body, therefore, it is **essential** that you obtain them from your diet, or by supplementing with Alfalfa. Non-essential amino acids can be manufactured by your body. However, your body must



have the right combination of **essential** amino acids and supporting nutrients to optimize healthy protein maintenance, so supplementation may be desirable.

Amino acids are needed to build the various proteins used in the growth, repair, and maintenance of body tissues. When you begin to understand the balance of nutrients that is required to keep our body functioning, it is no wonder that many of us are just barely making it through the day! Does that sound like you? Even if you consider yourself to be in good health, and have no current major health problems, you may be realizing that you could give your body a boost to maintain your health.

Here are a few more benefits of alfalfa that make it a perfect choice for a daily supplement:

Natural Diuretic & Laxative –

Chemicals in alfalfa have mild diuretic properties, which may promote the loss of water from the body. Therefore, alfalfa may relieve swelling caused by excess water accumulation. Alfalfa is often recommended for people suffering from kidney problems because of its ability to eliminate fluids. This reduces fluid retention and naturally flushes excess water from the body's tissues. Regular use of alfalfa will also benefit your bowels. It will flush away the build-up of toxins that

can lead to serious problems if left in your system.

Benefits of Vitamin K – Vitamin K is often depleted from your body when taking medications, particularly antibiotics. Alfalfa helps to develop reserves of the vitamin.

If you are taking medications, you may want to ask your doctor if the medication is likely to deplete your body of vitamin K, which is essential for blood clotting.

Antioxidant Effects & Potential Radiation Protection – Alfalfa may also be able to protect cells from damage from such things as x-rays because of its antioxidant properties. A research study on alfalfa, and



two other herbal foods, found that alfalfa **reduced** free radicals and cell damage in animal test subjects that had been given alfalfa prior to x-ray. The study was conducted in Antalya,



Turkey and its results were published in the January/February 2008 issue of "Photochemistry & Photobiology".

Menopause – Another benefit of taking alfalfa on a regular basis is that the minerals may offset some of the common symptoms associated with menopause: hot flashes, night sweats, vaginal dryness and low estrogen levels. When your body has the nutrients required, you might be less likely to have difficulties with the normal changes in the life of your body.

Other Vitamins found in Alfalfa:

Vitamin A

- Helpful for night vision problems
- Essential for all aspects of eye health.
- Builds resistance to infections, especially in the respiratory tract
- Promotes growth and vitality
- Promotes healthy skin
- Essential in pregnancy

Vitamin E

- Protects cells against damage from sun's radiation
- Protects cells against air pollution
- Promotes heart, cardiovascular and muscle health
- Promotes improved immune function





- Promotes muscle tone in the body
- Helps bring nutrients to cells
- Helps strengthen blood vessel walls, including capillary walls
- Helps proper focusing of the eyes

Vitamin B6

- Necessary for proper absorption of food
- Necessary for protein and fat metabolism
- Promotes nerve and skin health
- Helps battle nausea symptoms

Vitamin D

- Regulates the use of calcium and phosphorus in the body, and is
- Necessary for the proper formation of strong and healthy teeth and bones

Minerals found in Alfalfa:

Calcium

- Builds and maintains bones and teeth
- Helps clot blood
- Aids in vitality and endurance
- Regulates heart rhythm and
- Soothes nerves

Iron

- Required in manufacturing hemoglobin
- Helps carry oxygen in the blood

Manganese is a trace element that is thought to be involved with the

body's use of carbohydrates from food. As such, the manganese in alfalfa may help balance normal blood sugar levels.

Potassium

- Necessary for normal muscle tone
- Nerves
- Heart action
- Enzyme reactions
- Fat digestion

Phosphorus

- Needed for normal bone and tooth health
- Necessary to maintain the balance of calcium and vitamin D in the body
- Improves nourishment of nerve tissue



Chlorine (chloride)

- An essential electrolyte that cleans and purifies the body
- Regulates fat, sugar and starch metabolism

Sodium

- Regulates fluid balance throughout the body



- Neutralizes acids
- Prevents the clotting of blood
- Activates spleen, bowels and stomach functions

Silicon Magnesium

- Helps the body to deal with constipation
- Steadies the nerves
- Has a protective effect on skin
- Stimulates brain function

In conclusion, you can see why Alfalfa stands **alone** among the plant family due to its extraordinary **abundance** of nutrients and seemingly **endless** list of health benefits!

Our naturopathic doctor and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have.

We are also happy to consult with you regarding your diet and lifestyle changes. Please call us at 1-828-649-0278.

If you wish to order, or would like a free copy of our informative catalog, that includes all of the products

mentioned in this presentation, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you for considering this information on the benefits of Alfalfa from Hope for Health!

May God bless your efforts to maintain and/or regain your health!

Morning

The morning cometh!
The bitter night that wraps this guilty earth,
That night so full of weeping and of sighs,
Is now far spent; we wait the glorious birth
Of day, the golden day of paradise.

The morning cometh!
The shapeless fog which the gray valley fills,
And climbs in serpent folds the mountain-steep,
Becomes a rosy mist upon the hills,
A shining vapor where the waters sleep.

The morning cometh!
And gladder are her songs than those of night,
Touched less with tears and trembling cords of pain,
But dreaming of baptismal floods of light,
And pearly, new-blown dawning after rain.

The morning cometh!
A note of praise thrills through these dusty hearts,
These hearts so long in silent fear bowed down;
Immortal life from mortal languor starts,
And the pale martyr wears a starry crown.

—E.M.B.



News Watch

SHARES WORTHLES
worldwide
Crash!
job
rat
anxiety deepens
Interest rates
liquidity
DEPRESSION FORECAST
review

Time Magazine, July 6/July 13, 2015, page 16—How Pope Francis filled a global leadership vacuum by Ian Bremmer.

“Amid the din in Europe, one voice has risen above the rest: that of Pope Francis. The substance of the encyclical on the environment wasn’t particularly ground breaking; that it was received with such surprised fanfare speaks to how little we expect from religious figures when they weigh in on science.

“The real takeaway is that there’s an obvious gaping global leadership. The Pope stepped into that role admirably, but it’s remarkable how much we now depend on a person who rose through the ranks of a conservative institution like the Catholic Church. Would it have been better if the same message came from someone like the Secretary General of the U.N.? Maybe so, but it would have fallen on deaf ears.”



Pope Francis

TIZIANA FABI—AFP/Getty Images

End Time Perspective: The returning power of the Catholic Church is coming from many directions—The deadly wound is in the process of healing, if not entirely already healed. Time is short.



Rescuers tap the hull of the Eastern Star, signaling for survivors, June 1, 2015.

RADIO FREE ASIA—AFP

The Week, June 12, 2015, page 9, The World at a glance, Jianli, China, Deadly shipwreck.

“Hundreds of vacationers drowned this week when a cruise ship sank in China’s Yangtze River. The Eastern Star was carrying 458 people in an 11 day cruise from Nanjing to Chongqing when a rare tornado struck in the night and the ship capsized. Just 14 people, including the captain, were rescued. A few bodies were found miles away from the vessel, and search crews said it would take weeks to find most of the remains of the victims. One of the survivors, Zhang Hui, said it was raining so hard that water was coming through the seals around the windows. The ship flipped over, he said. It only took 30 seconds or a minute. The wreck is the deadliest ever recorded on Kangtze.”

End Time Perspective: “What mean the awful calamities by sea—vessels hurled into eternity without a moment’s warning?... God has a purpose in permitting these calamities to occur. They are one of His means of calling men and women to their senses. By unusual workings through nature God will express to doubting human agencies that which He clearly reveals in His Word.” LDE 28.

▶ *Editor’s comment*—several cruise ships seem to have sunk in recent years.



THE TRUTH *About Angels*

Angels and You—a Brief Overview

By Ellen G. White

The connection of the visible with the invisible world, the ministration of angels of God, and the agency of evil spirits, are plainly revealed in the Scriptures, and inseparably interwoven with human history.

Before the creation of man, angels were in existence; for when the foundations of the earth were laid, “the morning stars sang together, and all the sons of God shouted for joy.” Job 38:7. . . . Angels are in nature superior to men, for the psalmist says that man was made “a little lower than the angels.” Psalm 8:5.

The Number and Power of Angels

We are informed in Scripture as to the number, and the power and glory, of the heavenly beings, of their connection with the government of God, and also of their relation to the work of redemption. “The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all.” And, says the prophet, “I heard the voice of many angels round about the throne.” In the presence chamber of the King of kings they wait—“angels, that excel in strength,” “ministers of His, that do His pleasure,” “hearkening unto the voice of His word.” Psalm 103:19-21; Revelation 5:11.

Ten thousand times ten thousand and thousands of thousands, were the heavenly messengers beheld by the prophet Daniel. The apostle Paul declared them “an innumerable company.” Daniel 7:10; Hebrews 12:22. As God’s messengers they go forth, like “the appearance of a flash of lightning,” (Ezekiel 1:14), so dazzling their glory, and so swift their flight. The angel that appeared at the Saviour’s tomb, his countenance “like lightning, and his raiment white as snow,” caused the keepers for fear of him to quake, and they “became as dead men.” Matthew 28:3, 4.



When Sennacherib, the haughty Assyrian, reproached and blasphemed God, and threatened Israel with destruction, “it came to pass that night, that the angel of the Lord went out, and smote in the camp of the Assyrians an hundred fourscore and five thousand.” There were “cut off all the mighty men of valor, and the leaders and captains,” from the army of Sennacherib. “So he returned with shame of face to his own land.” 2 Kings 19:35; 2 Chronicles 32:21.

Angels Help God’s Children

Angels are sent on missions of mercy to the children of God. To Abraham, with promises of blessing; to the gates of Sodom, to rescue righteous Lot from its fiery doom; to Elijah, as he was about to perish from weariness and hunger in the desert; to Elisha, with chariots and horses of fire surrounding the little town where he was shut in by his foes; to Daniel, while seeking divine wisdom in the court of a heathen king, or abandoned to become the lions’ prey; to Peter, doomed to death in Herod’s dungeon; to the prisoners at Philippi; to Paul and His companions in the night of tempest on the sea; to open the mind of Cornelius to receive the gospel; to dispatch Peter with the message of salvation to the Gentile stranger—thus holy angels have, in all ages, ministered to God’s people.

Thus God’s people, exposed to the deceptive power and unsleeping malice of the prince of darkness, and in conflict with all the forces of evil, are assured of the unceasing guardianship of heavenly angels. Nor is such assurance given without need. If God has granted to His children promise of grace and protection, it is because there are mighty agencies of evil to be met—agencies numerous, determined, and untiring, of whose malignity and power none can safely be ignorant or unheeding.



Satan and Evil Angels

Evil spirits, in the beginning created sinless, were equal in nature, power, and glory with the holy beings that are now God's messengers. But fallen through sin, they are leagued together for the dishonor of God and the destruction of men. United with Satan in his rebellion, and with him cast out from heaven, they have, through all succeeding ages, cooperated with him in his warfare against the divine authority. We are told in Scripture of their confederacy and government, of their various orders, of their intelligence and subtlety, and of their malicious designs against the peace and happiness of men. . . .

None are in greater danger from the influence of evil spirits than those who, notwithstanding the direct and ample testimony of the Scriptures, deny the existence and agency of the devil and his angels. So long as we are ignorant of their wiles, they have almost inconceivable advantage; many give heed to their suggestions while they suppose themselves to be following the dictates of their own



wisdom. This is why, as we approach the close of time, when Satan is to work with greatest power to deceive and destroy, he spreads everywhere the belief that he does not exist. It is his policy to conceal himself and his manner of working. . . .

It is because he has masked himself with consummate skill that the question is so widely asked: "Does such a being really exist?" It is an evidence of his success that theories



giving the lie to the plainest testimony of the Scriptures are so generally received in the religious world. And it is because Satan can most readily control the minds of those who are unconscious of his influence, that the Word of God gives us so many examples of his malignant work, unveiling before us his secret forces, and thus placing us on our guard against his assaults.

Christ's Followers Are Safe

The power and malice of Satan and his host might justly alarm us were it not that we may find shelter and deliverance in the superior power of our Redeemer. We carefully secure our houses with bolts and locks to protect our property and our lives from evil men; but we seldom think of the evil angels who are constantly seeking access to us, and against whose attacks we have, in our own strength, no method of defense. If permitted, they can distract our minds, disorder and torment our bodies, destroy our possessions and our lives. Their only delight is in misery and destruction.

Fearful is the condition of those who resist the divine claims and yield to Satan's temptations, until God gives them up to the control of evil spirits. But those who follow Christ are ever safe under His watchcare. Angels that excel in strength are sent from heaven to protect them. The wicked one cannot break through the guard which God has stationed about His people.

Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated "Gospel Ministry" will be considered tithe.

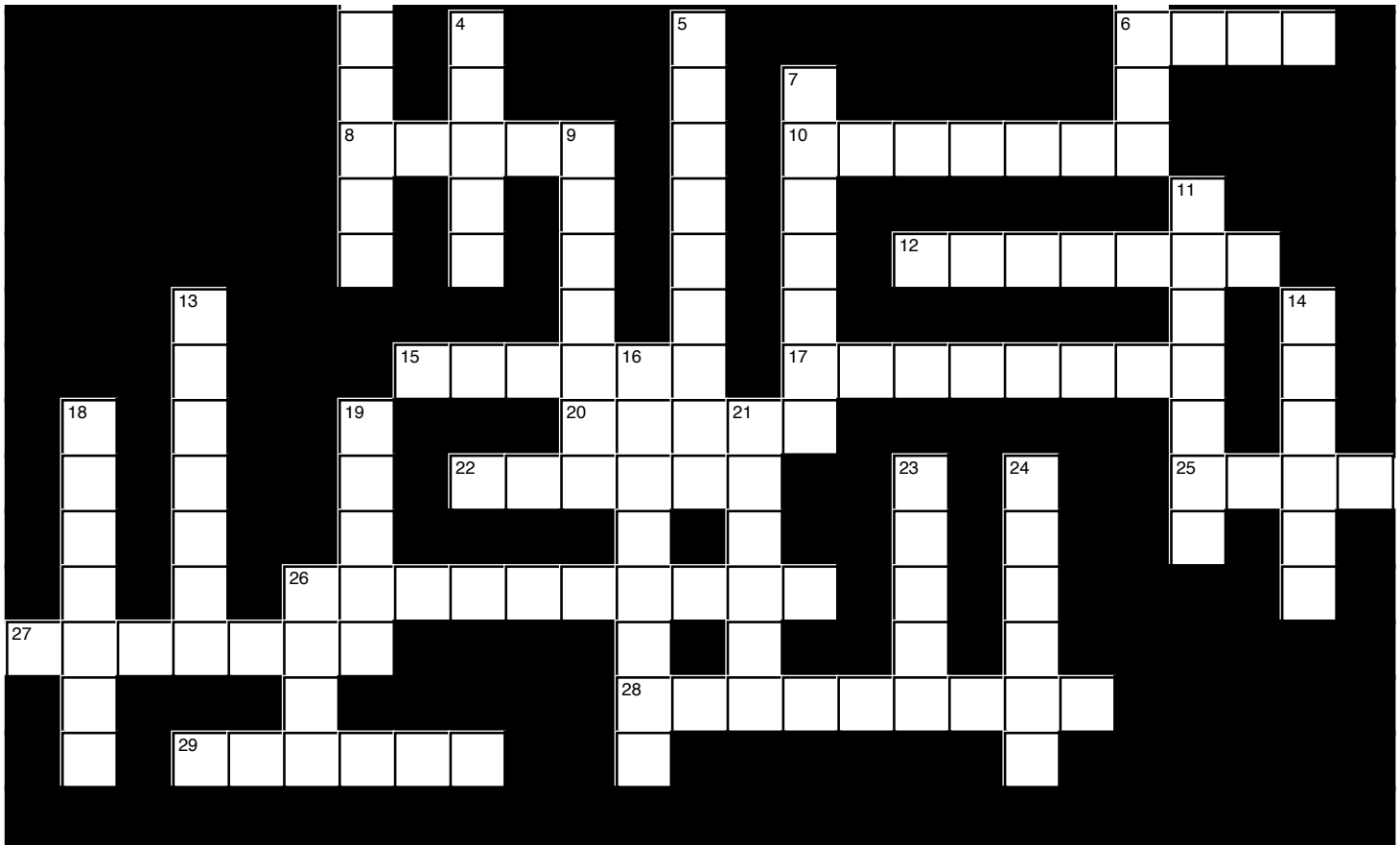
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Christian Crossword



ACROSS

1. The Roman Emperor mentioned twice in the Book of Acts
6. The Moabite ancestress of King David
8. She recognized the voice of Peter but did not open the door
10. A helper of Paul doing his long ministry in Ephesus
12. A Levite leader descended from Shimei appointed to minister in the Tabernacle
15. A concubine of King Saul
17. He thought he should rule after King David
20. Appointed by David in charge of liturgical music in Jerusalem
22. King Ahasuerus' first wife
25. The first-born of Adam and Eve
26. He lived to the age of 969 years
27. Second son of King David
28. A coppersmith bitterly opposed to Paul
29. God's representative in a contest of faith on Mount Carmel

DOWN

2. The brother of Mary of Bethany
3. A generous conqueror especially remembered for his friendship to the Jews
4. A commander-in-chief of King David's forces
5. A brave Mithnite warrior in the army of King David
7. A wife of Isaac
9. Tetrarch of Galilee and Perea was Herod _____
11. Babylonian name given to Mishael
13. She wanted the representative of God on Mount Carmel put to death

14. The daughter of Amram and Jochebed
16. Chief eunuch of King Nebuchadnezzar
18. Another name for Levi
19. One of the faithful among the twelve spies
21. The fifth Roman procurator of Judea, Samaria, and Idumea
23. A Philistine god which had temples built to him in Gaza
24. An archangel in Luke's Gospel to announce miraculous births
26. The wise men that came to the birth of Jesus

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